

Feature

Changing Times Shorten Modern Trains by One Car

EDITOR'S NOTE — They were the homes away from home for generations of Americans. But now, as the wheels of the train crisscross the country, many of the cars are being replaced by new ones that are more efficient and more comfortable. But the old cars are still out there, and they are still being used. In fact, they are still being used in many places. But the old cars are still being used in many places. But the old cars are still being used in many places.

By JOEL SIEGEL

Associated Press Writer

HARRISBURG (AP) — The colorful, cluttered, and often noisy Pullman cars of the early 20th century may be disappearing, but the new cars that are replacing them are still being used in many places. In fact, they are still being used in many places. But the old cars are still being used in many places. But the old cars are still being used in many places.

Although it approved the agreement, the United Transportation Union has been fighting the change for years. The union says that the new cars are not as comfortable as the old ones. But the old cars are still being used in many places. But the old cars are still being used in many places.

When you are running trains that are as long as 1,000 cars, it is not easy to make sure that every car is comfortable. But the old cars are still being used in many places. But the old cars are still being used in many places.

One of the reasons for the change is that the new cars are more efficient. They use less fuel and they are faster. But the old cars are still being used in many places. But the old cars are still being used in many places.

While the debate continues, cars are being replaced one by one. But the old cars are still being used in many places. But the old cars are still being used in many places.

It is a building switching plant for the railroad. But the old cars are still being used in many places. But the old cars are still being used in many places.

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His clients included a model owner who was a Pullman car. But the old cars are still being used in many places. But the old cars are still being used in many places.

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— from JVB, who helped me with some old work on Sunday night at the church. 11/30/86

History of a Traditional British Christmas Dish

— British Heritage, Dec./Jan. 1987

A book compiled in the 1930s by the cooks of Richard II, *The Forme of Curtes*, has a recipe for "Tarte", which instructs the cook to take pork, "beate it and bray it" and add eggs, raisins, currants, sugar, powdered ginger, sweet powder, small birds, white grease, prunes, and salt and then put all this in a pot and boil it.

Like many medieval recipes this mixture sounds distasteful, but in fact "tarte" is an early version of the mince tarts and pies so typical of a British Christmas. Not that the "tarte" was a Christmas dish in Richard II's day. Such useful mixtures of chopped ingredients could be endlessly varied.

Fishes commonly used instead of meat, and meat itself, were plentiful and so it is not likely to appear at feasts at any time of year.

By Queen Elizabeth's reign recipes for "minced pie" look more familiar. A typical example reads: "Shed your meat and cut together fine. Season it with cloves, mace, pepper and some saffron, great raisins, currants and prunes. And so put it into your pie."

The proportion of meat to fruit was about half and half and mince pies were still eaten at any time of year but this was soon to change. Two ingredients were responsible: sugar and spirits.

During the Middle Ages, sugar had been a luxury. By the late 16th and 17th centuries, sugar was more plentiful and the price had fallen. It was being used down the price so it could be used more liberally. Spirits were a product of Renaissance scientists who worked on the purification of substances, hoping to derive essences or "spirits" that would prove to be the elixir of life. They called the first spirits they distilled *aqua vitae*, the water of life. Later experiments produced brandy, rum, and gin.

Sugar and spirits are preservatives as well as flavorings. Adding them to mince meat mixtures helped to preserve the meat that was still a major ingredient, and it encouraged people to make

hath been married. At Christmas a year later Peppys sent out for mince pies because his wife was too sick to make them.

At this period, mince meat still contained meat.

It could be of any sort, but tongue was popular.

The Receipt Book of Mrs. Ann Bencowe, 1694, gives a recipe for mince pies. The mince was made of beef, mutton, and veal, and the pies were spiced with nutmeg, cinnamon, mace, cloves and allspice.

But even though Mrs. Bencowe's recipe has meat in it, the flavor of the other ingredients predominates, and her mince meat tastes very little different from the mince meat of today.

Many old-time railroad workers, however, still used to make mince pies with meat. Some of the cars were converted into mince pie factories. Some of the cars were converted into mince pie factories.

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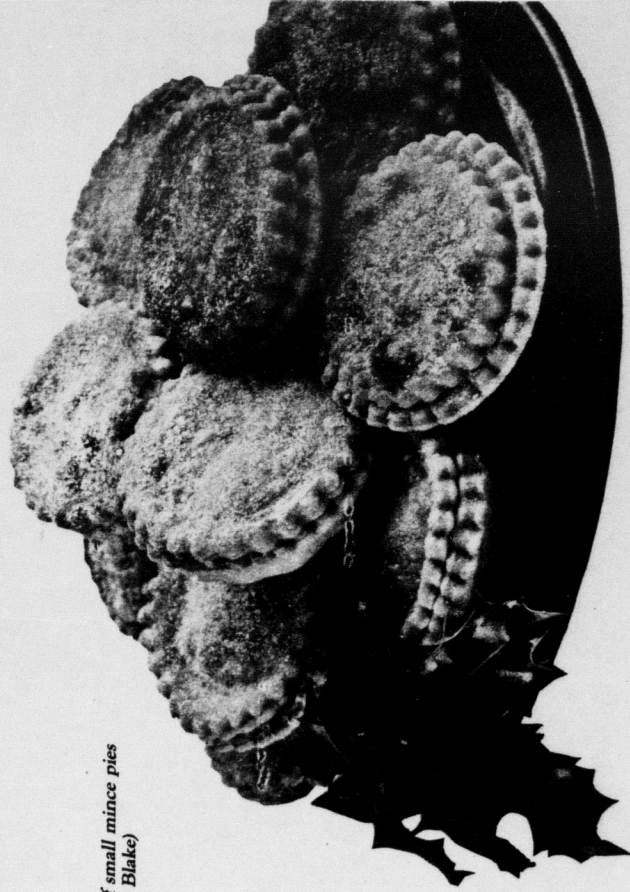
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A plate of small mince pies (Anthony Blake)

All the kitchen staff had to do was to put the items through a sausage machine and then mix in the brandy and lemon juice. The yield was 675 pounds.

In less lavish households, meat had virtually disappeared from mince pies.

appeared from mince meat. In 1747 Hannah Glasse called her meatless recipe Lenten Mince Pies, so perhaps the omission was prompted by the need for meatless fare during Lent. Or perhaps the fruit and spices so disguised the flavor of the meat that its absence was not noticed. And, too, the mince pies were often served with a sauce of combined meat and dried fruits declined. Whatever the case, meat is now the sole survivor of the tongue, venison and steak that were formerly at the heart of mince meat recipes.

Few things on the British Christmas table have been loved for longer than mince pies. So dear is this pie to many people that the 18th century Englishman John Evelyn's mock-heroic *Ode to the Mince Pie* says:

The mince-pie reigns in realms beyond his own; Through foreign latitudes his power extends, A British epicure from every climate pour.

Their grateful praise; his cumulating store Improv'd in sweets and spices, his ready draw The British of the world's applause.

Here's the prediction of an Imperial pie may not be overdone. But wherever they live, would care to see Christmas come and go without a big mince pie to eat for dessert and a plate of sugar-dusted tarts to give to carollers and visitors.

Deep attention to British Heritage and brought this article to my attention - on 11/30/86